

## Resources

Here are some local resources that can help you Prevent, Prepare, and Be Aware:

**Sacramento County Division of Public Health**

<http://www.sacdhhs.com/>

**H1N1 Flu Information Center**

<http://www.sacpublichealth.net/>



There are a number of worldwide, national and statewide resources that have excellent information:

**Centers for Disease Control and Prevention**

<http://www.cdc.gov/h1n1flu>

**California Department of Public Health**

<http://ww2.cdph.ca.gov/Pages/default.aspx>

**The World Health Organization**

<http://www.who.int/csr/disease/swineflu/en/>

**The Centers for Disease Control is forecasting that the H1N1 virus may cause the hospitalization of up to 1.8 million people and the deaths of 90,000 nationwide.**



**Alyson L. Huber**

ASSEMBLYMEMBER, 10TH DISTRICT

**District Office:**

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State Capitol  
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Sacramento, CA 94249-0010  
(916) 319- 2010  
Fax: (916) 319-2110

**Website:**

[www.asm.ca.gov/huber](http://www.asm.ca.gov/huber)

**Assembly Website:**

[www.asm.ca.gov](http://www.asm.ca.gov)

**“...as many as 1 in 4 Californians may be affected.”**

—California Department of Public Health

# H1N1 Flu

## Prevent, Prepare, and Be Aware

## What you should know about the “Swine Flu” virus



**Alyson L. Huber**

ASSEMBLYMEMBER, 10TH DISTRICT

Dear Constituent,

The flu season comes every year, but H1N1 (referred to as “swine flu” early on) is a new flu virus causing illness in people. It was first detected in people in the United States in April 2009, and is spreading much the same way that regular seasonal influenza viruses spread. On June 11, 2009, the World Health Organization (WHO) signaled that a pandemic of H1N1 flu was underway. ***Remember that knowledge is power and this brochure aims to help you Prevent, Prepare and Be Aware of H1N1 flu now, before your family has been affected.***

While the medical community and public health officials are doing their jobs, I would like to provide you with more information and reasonable measures you can take to prevent this illness, in addition to the contact information of organizations that can provide more in-depth details on the pandemic.

If my office can be of further help in this matter, please do not hesitate to call (209) 333-5330.

It is always a pleasure to be of service.

Sincerely,

ALYSON L. HUBER  
Assemblymember, 10th District

## Frequently Asked Questions

### Q. What is the H1N1 Flu Virus?

**A.** The novel H1N1 flu virus is a new type of virus that originated in Mexico in March 2009, according to the CDC, and spread to the United States beginning in April 2009. Now, all 50 states have confirmed cases of the H1N1 flu virus as well as more than 70 countries worldwide. It is believed that this new virus spreads the same way as the seasonal flu virus through coughs and sneezes from those who are ill from the virus. It is also believed that the virus can spread from a person touching a contaminated object and then touching his/her nose or mouth.

### Q. Should I be concerned with H1N1 flu?

**A.** While this flu has still only affected a relatively small number of people nationwide, there is potential for these numbers to grow. The World Health Organization has declared the H1N1 flu to be a pandemic\*, but that does not mean that you should panic. The more you know about the disease, the more steps you can take to protect yourself.

### Q. What should I do if I suspect I might have the H1N1 virus?

**A.** While it is expected that most people will recover without needing medical care, if your illness becomes severe or you are at high risk for flu complications, contact your health care provider or seek medical care.

If you are sick with flu-like illness that is not severe enough to warrant medical attention, you should stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making them sick.

\*An epidemic of infectious disease that spreads through human populations across a large area.

### Q. What can I do to protect myself from getting sick?

**A.** While swine flu vaccines will now be available to the public through many health care providers, there are also common sense everyday actions that can prevent the spread of germs that cause respiratory illnesses like influenza. These include:

- Covering your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Washing your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners can also be effective.
- Avoiding touching your eyes, nose or mouth.
- Trying to avoid close contact with sick people.

### Q. Where can I get more information?

**A.** Check out the resources listed in this brochure, or visit my website for a more complete listing:

[www.asm.ca.gov/huber](http://www.asm.ca.gov/huber).

**A Pandemic Is Declared: On June 11, 2009, the World Health Organization signaled that a global pandemic of novel influenza A (H1N1) was underway.**